



Tomato Sauce With Vegetables for 6

Makes: 5 servings

Prep Time: 1 hour

Cook Time: 1 hour +

Ingredients:

- **1 cup** olive oil (optional)
- **2-3 cloves** garlic, diced
- **1** onions, chopped
- **1 can (16oz)** canned tomatos
- **6 cups** assorted vegetables, chopped finely
- **2 tsp** basil
- **2 tsp** thyme
- **3** bay leaves
- **2 tsp** sea salt (optional)
- **2 tsp** black pepper

Equipment:

- **4 L** pot with lid

Heat a four liter pot dry or with oil. Add garlic and sauté for thirty seconds. Add onions and spices and sauté until onions are clear. Add tomatoes, bay leaf, salt and pepper. Chop any vegetables you have on hand, especially brocolli, green peppers, beets, carrots, mushrooms, eggplant and so on, and add to the sauce. Cover and simmer on medium-low heat for at least one hour, stirring occasionally. Add salt

if you desire. Serve over rice, pasta, bread, or use as a base for vegan chili.

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